



# *Recycle This!* Newsletter

*Newsletter of the Maine State Planning Office, Waste Management & Recycling Program \* March 2000*

## How to Best Promote Your Recycling Program

How do you educate your residents about recycling? The opportunities for spreading your recycling message are limitless. Unfortunately, your time, resources, and funding aren't. So, where do you focus your efforts?

The Maine State Planning Office (SPO) recently contracted for a survey of Maine residents in an effort to determine *'How do you get the information you need about participating in your community's recycling program? And what is your preferred method?'* The firm conducted a telephone survey of 400 households across the state, asking those two questions and offering the following options: Town newsletter/Flyer; Newspaper; Facility Operator; Neighbor; Cable Access TV; Others; Radio; Don't Recycle; Town Office/Meetings.



The responses indicate that the majority of Maine's urban residents (51%) get information about participating in their community's recycling program through newspapers, whereas the majority of suburban (48%), small town (46%) and rural residents (45%) and the respondents from the northern counties (54%) of the state get their recycling information through town newsletters or flyers. Overall, respondents across all demographic groups chose town newsletters/flyers as their most preferred method to get recycling program information.

Following newsletters/flyers and newspapers as preferred sources of recycling information

were: facility operator; neighbor; cable access TV. The remaining four options were low in the respondents' choices.



Why should this information be important to you and your program? By knowing how to best reach your citizens to inform them of your recycling program's success, changes or needs, you can tailor your outreach to maximize its impact with limited dollars. For example, if you are an urban community with limited recycling promotion dollars, the survey suggests that you should focus on newspaper advertisement.

If you currently have no educational program due to lack of time or money, you may be surprised by how much you can accomplish by taking advantage of local resources. For example, local high school students may be able to design and assemble your newsletter for school credit or community service hours. A local business may sponsor the cost of printing or photocopying your flyers in exchange for recognition.

If you would like assistance with your education and outreach efforts, please contact SPO at 1-800-662-4545 or via e-mail at [shannon.haines@state.me.us](mailto:shannon.haines@state.me.us). SPO has many resources to assist you in your recycling promotion efforts, including: fact sheets, newsletter templates, and a 3-ring binder, entitled "Getting the Message Out: A Recycling Promotion Guide." Many of our educational materials are also available on the Internet at [www.state.me.us/spo/wm&r/wmhome.htm](http://www.state.me.us/spo/wm&r/wmhome.htm).

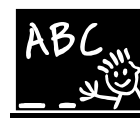
## New Recycling Web Site for Teachers & Students

In order to better reach the general public with our recycling message, SPO has developed a new addition to our web site: a site designed specifically for teachers and students.



The site includes:

- outstanding posters submitted by Maine's school children during Maine Recycles Week 1999;
- fun recycling activities, such as making recycled paper;
- an interactive quiz for students;
- a listing of waste management curricula and other resources available to schools;
- information on setting up school recycling programs;
- and more!



Spread the word about this great new resource for Maine schools! Visit the Waste Management & Recycling Program home page at: [www.state.me.us/spo/wm&r/wmhome.htm](http://www.state.me.us/spo/wm&r/wmhome.htm) and follow the link to the Teachers & Students page.

.....  
*This issue of "Recycle This!" contains an insert from: **Maine Housing and Building Materials Exchange**, which serves parts of southern, central and western Maine. If you would like information about a similar organization serving northern Maine, contact David Mitchell at the **Aroostook Building Materials Bank** at 207-498-2575.*  
.....



# What Happens to Our Recyclables?

*The following information is available from the State Planning Office in the form of a two-sided fact sheet, or as a flyer template that you can customize and distribute to your residents. To obtain a copy of either version, please call the Waste Management & Recycling Program at 1-800-662-4545 or visit our web site at [www.state.me.us/spo/wm&r/wmhome.htm](http://www.state.me.us/spo/wm&r/wmhome.htm).*

Do you ever wonder what happens to your cereal boxes, tin cans, and milk jugs after you set them out at the curb or bring them to your local drop off center? For those recyclable materials, the curb is just the first stop on a long journey. Listed below are some common materials accepted for recycling in many of Maine's municipal programs. Under each material, in *italics*, is a list of recycled products that can be made using that particular material.

## Paper Stream

Several different recyclables from the paper stream are listed individually below. It is important to remember that each municipal program differs in the manner that they collect paper and other recyclables from their residents. Some municipalities may collect only newspaper and magazines, while others may collect a "mixed paper" that includes paperboard, unwanted mail, and more.



### Newspaper

*Products made from newspaper: telephone directory paper; newsprint; building insulation; animal bedding; construction paper; egg cartons; berry boxes; and paperboard.*

Most of the newspaper collected in Maine is recycled at the Great Northern Paper Company paper mill in East Millinocket.

## Magazines

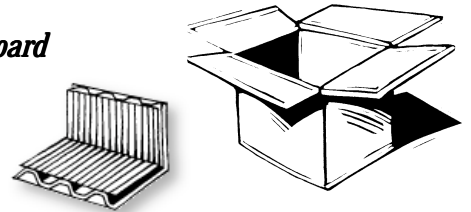
*Products made from magazines: paperboard; telephone directory paper; and newsprint.*

Magazines may be mixed in with newspaper. The Great Northern Paper Company paper mill uses this blend in making newsprint.

## Corrugated Cardboard

*Products made from corrugated cardboard: paperboard; cardboard; and cardboard medium (squiggly middle of corrugated cardboard).*

Some of Maine's corrugated cardboard is used in-state, but the majority is shipped to Canada and overseas.



## Office Paper

*Products made from office paper: new office paper; paper napkins; facial tissue; toilet tissue; and paper towels.*

Office paper includes white ledger, bond paper, and computer paper. Some of Maine's office paper goes to the Auburn Fibers pulping operation in Auburn where it is processed for eventual use at other paper mills.

## Paperboard/Residential Mixed Paper (cereal boxes, egg cartons, toilet paper rolls, etc.)

*Products made from paperboard/residential mixed paper: paperboard; egg cartons; berry cartons; and paper backing on roofing shingles.*



Paperboard is the main material in Mixed Residential Paper, which, depending on the program, may include paperboard, magazines, newspapers, and unwanted mail. One local user of Maine's paperboard/mixed residential paper is Gardiner Paperboard in Gardiner, where they make paperboard tubes.

*(cont'd on page 3)*

(cont'd from page 2)

## Container Stream

Most containers collected for recycling in Maine are sent out of state for processing.



### Steel/Tin Cans

***Products made from steel cans: steel cans; vehicles; oil filters; bicycles; paper clips; steel beams; and other steel products.***

The cans are first detinned. Then the steel is used in the remanufacture of new products, as is the steel. Much of Maine's steel is used on the east coast of the U.S. and in Canada.

### Aluminum (Used Beverage Containers)

***Products made from aluminum: new cans; rain gutters; and window frames.***

Most of the aluminum that gets recycled is made into new aluminum cans. Recycling aluminum saves 95% of the energy and emits 95%-97% less air and water pollution than producing it from ore, known as bauxite. Maine's aluminum is shipped out of state and used primarily to make new cans.

### Glass Bottles/Jars

***Products made from glass: new glass containers; "glassphalt" for highway construction; fiberglass.***

All types of used glass containers can be reused indefinitely to make new glass products. The containers are crushed into small pieces called cullet. The cullet is then processed to remove any contamination and melted down to make new bottles and jars. Brown and green glass present more problems in recycling than clear glass since it is difficult to control color of the mixture, and appearance of the final product dictates the market. One of the primary markets for Maine's glass is a mill in Franklin, Massachusetts.

### Plastics



Plastics can often be confusing because there are so many different types of plastics on the market, and these different types cannot be mixed for recycling. In addition, sometimes even products made from the same type of plastic cannot be recycled together because they are produced by different processes. For example, laundry detergent bottles and shopping bags may both be HDPE #2, but cannot be recycled together. The most commonly recycled plastics are "blow molded" HDPE (milk jugs, laundry detergent bottles) and PET (soda bottles). Colored plastics are less versatile for recyclers and therefore may fetch a lower price in the recycling market. Most of these materials that are collected in Maine programs go to Massachusetts and Pennsylvania, where they are made into new products and containers.

- **PET (#1) - Plastic Beverage Bottles**

***Products made from PET: carpet fibers; pillow/sleeping bag fill; drainage pipes; clothing; polar fleece; and luggage.***

- **HDPE (#2) - Plastic Bottles & Jugs**

***Products made from HDPE: toys; traffic cones; new bottles; flower pots; trash cans; recycling bins; and drainage pipes.***

## 1999 Municipal Recycling Information

SPO has already received several 1999 Municipal Solid Waste Annual Reports! We are very pleased to see these early submissions and we look forward to receiving more reports in the months to come. The deadline for submitting your report is April 1st, 2000. For those of you with Internet access, please remember that you can fill your form out electronically at: [www.state.me.us/spo/wm&r/wmhome.htm](http://www.state.me.us/spo/wm&r/wmhome.htm). If you have questions about completing the form, please contact Hank Tyler at 207-287-1489 or 1-800-662-4545.

Maine State Planning Office  
Waste Management & Recycling Program  
38 State House Station  
Augusta, ME 04333-0038  
1-800-662-4545 or 207-287-8050  
[www.state.me.us/spo/wm&r/wmhome.htm](http://www.state.me.us/spo/wm&r/wmhome.htm)



## Annual Recycling & Solid Waste Conference

Planning for the 2000 Maine Solid Waste Conference is well underway. The conference will once again be held at the Samoset Resort in Rockport, Maine on Monday, April 10 and Tuesday, April 11. Some of the topics to be addressed this year will be:

- Safety Issues, such as Material Safety Data Sheets and Lock out/Tag out
- Understanding and developing markets for recyclable products
- Analyzing solid waste costs and Pay-As-You-Throw
- Business consortiums to facilitate recycling
- Household Hazardous Waste
- Demolition wood waste
- Solid Waste issues in the next millennium

In addition to these specific topics, this year the Department of Environmental Protection (DEP) and State Planning Office (SPO) will devote an afternoon to a "Resource Forum," where staff will be available to speak on projects and initiatives and answer questions.

As in past years, one of the main events of the conference will be the annual Recyclathon, where recycling program staff get the opportunity to display their equipment operation skills that they employ in their everyday jobs, in a competition with their peers.



For more information about the conference, call Kathy Guerin @ 207-942-6772.

## Coming Soon

The deadline for submitting the **1999 Municipal Solid Waste Annual Report** is **April 1, 2000**. If you need assistance, please call Hank Tyler at 207-287-1489.

The **Annual Recycling & Solid Waste Conference** will take place at the **Samoset Resort** on **April 10 & 11, 2000**. See the adjacent article for more information.

**Earth Day** is **April 22!** For suggestions on how you can celebrate Earth Day in your community, contact SPO at 207-287-8053.

UNIVERSITY OF MAINE COOPERATIVE EXTENSION

# Compost School



**April 24 - 28, 2000**

**June 26 - 30, 2000**

**August 21 - 25, 2000**

**October 23 - 27, 2000**

**In cooperation with:**

**Maine Department of Environmental Protection**

**Maine Department of Agriculture, Food & Rural Resources**

**Maine Agricultural & Forestry Experiment Station**

**Maine State Planning Office**

## **Curriculum Content & Class Schedule**

Please see the reverse for a complete, day-by-day outline of the class schedule.

## **Fees**

The registration fee for the Compost School is \$425 for each participant. This fee includes all instructional materials, refreshment breaks, lunches on Monday, Tuesday, and Wednesday, assorted publications and videos, and field trip transportation.

The registration fee does not include hotel accommodations. Special room rates for the UMCE Compost School have been given by the Black Bear Inn and the University Motor Inn.

*Please apply early.* Applications for registration will be accepted until the 18 participant limit is reached. Applications must be received two weeks prior to the session start date. Letters of acceptance will be sent out as confirmation of registration.

## **Optional Certification Examination**

An optional certification examination will be administered to any participant that requests it. Successful completion of the exam will result in the awarding of a framed Certificate of Program Completion. The exam will be given in two parts, covering the classroom portion and the field trip visits.

## **For more information, please contact:**

Neal D. Hallee, Waste Management Specialist

University of Maine Cooperative Extension

5741 Libby Hall

Orono, ME 04469-5741

Tel: (207) 581-2722 or 1-800-287-0274 (in Maine only)

Fax: (207) 581-1387

[nhallee@umext.maine.edu](mailto:nhallee@umext.maine.edu)

**OR**

Visit the web site at: [www.composting.org](http://www.composting.org)





# UNIVERSITY OF MAINE COOPERATIVE EXTENSION COMPOST SCHOOL

**For latest class schedule update, check our web site at:  
[www.composting.org](http://www.composting.org)**

## CLASS SCHEDULE

### Monday

8:30 a.m.	Registration
9:00	Welcome, Introduction of Participants, Introduction to Course
9:30	Introduction to the Science and Biology of Composting
10:15	How Much Do You Have? - hands-on methods of determining volumes for your site
11:00	Review of Basic Composting Methods
12:00 p.m.	Lunch
1:00	Compost Feedstocks - characteristics, types, potential problems, complimentary, C:N
1:45	Compost Feedstocks - Laboratory Exercise
2:15	Compost Equipment - Video (functions and types of equipment), Innovative Ideas
3:15	Break
3:30	Compost Equipment Safety
4:15	Compost Equipment Demonstration
4:30	Making the Compost Links - Chick Orchards video, networking
5:15	Wrap-up and Housekeeping

### Tuesday

8:00 a.m.	Siting - selection, development, requirements; Regulations and Operating Needs
9:00	Site Management Best Management Practices for odor, vector, leachate and litter control and feedstock contamination. Keeping neighbors involved and educated about activities
9:45	Site Development Walk Through at University Compost Facility
10:15	Break
10:30	Compost Tea/Disease Suppression
11:15	Pile Management - monitoring/recordkeeping, Aeration, Mixing, Moisture, Porosity, Density, Pile Size
12:00 p.m.	Lunch
1:00	Pile Management - Part 2; On-site activities involving temperature taking, pile sampling and watering techniques

1:45	Bioaerosols & Other Respiratory Issues
2:15	Troubleshooting the Compost Pile
3:15	Break
3:30	Troubleshooting - Part 2
4:15	Consumer Education - keeping consumers informed
5:00	Wrap-up

### Wednesday

8:00 a.m.	Recipe Development (classroom) Reading Feedstock Analysis - hands-on activity
9:45	Break
10:00	Recipe Development - hands-on outside activity
12:00 p.m.	Lunch
1:00	Quality, Maturity, and End Use
2:00	Laboratory Exercise on Maturity Testing
2:30	Business Plans - case study
3:00	Break
3:15	Producing for the Market
4:15	Field Trip Preview, Wrap-up, Evaluation
4:45	Optional - Certification Exam, Part I

### Thursday

Field Trip visits to the following sites:
Ricker Farms, Lisbon
Lewiston/Auburn Water Pollution Control Authority, Lewiston
Wilton Sludge Compost Facility, Wilton
Living Acres Farm, New Sharon
Woods End Research Lab, Inc., Mt. Vernon

### Friday

Field trip visits to the following sites:
Chick Orchards, Monmouth
Hatch Hill Recycling Facility, Augusta
Final course evaluation
Optional - Certification Exam, Part II Kennebec County Extension Office, Augusta
Head home at noon.



Helping Maine Families preserve and restore their homes through Recycling, Advocacy, and Education

### How Does the Exchange Work:

The Building Materials Exchange is a 501c-3 Not-for Profit Organization supported by its own revenue, grants from community agencies, and donations of materials from corporations and individuals. The Exchange recycles discarded building materials to help Maine families preserve and restore their homes.

### Membership:

# in Household	1	2	3	4	5	6	7	8
Max. Income	27,150	31,050	38,800	39,900	41,900	45,000	48,000	50,800

Membership for the Exchange is based upon income guidelines defined by 80% of Median Income in Cumberland County. Membership dues per year is \$10.00 and provides members with a substantial discount from non-member pricing. Items such as lumber, roofing material, insulation, exterior doors, storm doors and windows, heating products, egress and smaller windows, and other items determined as "products of need" are reserved for member clients only! All materials are priced according to condition and quality. The typical pricing structure is 40-60% off retail for nonmembers and 65-80% off retail for members.

Gray Warehouse  
169 Lewiston Rd. (100/202)  
Gray, ME 04039  
207-657-2957

Sanford Warehouse  
61 Lebanon Street (Route 202)  
Sanford, Maine 04073  
207-324-4574

[www.mhbme.org](http://www.mhbme.org)

Hours Wed, Th, Fri 11-6 Sat. 9-6

All Donations are Tax Deductible

Free pickup can be arranged through your area Exchange

# Maine Housing and Building Materials Exchange

## Frequently Asked Questions

### ***When was the Exchange first founded and what was its original mission?***

The Exchange was first founded in 1988 as a means to assist low-income families in the purchase of building materials. These materials were to assist families in upgrading their home to a safe and weather tight condition. The Exchange also assisted families in their pursuit to purchase a home through home buyer classes and provide grant assistance for materials and technical information to use the building materials.



Another goal of the Exchange was to divert salvageable building materials from the landfills. These materials ranged from cabinets, carpet, windows, doors, and paint. Over the past 12 years, the Exchange has recycled hundreds of thousands of pounds of usable building materials and put them to use where they could do the most good.

### ***How does the Building Materials Exchange work?***

The Exchange is a 501(c)3 Not-For-Profit Organization. The significance of this title is that individuals and businesses that donate to the Exchange receive a tax deductible donation certificate. For the individual who donates, this can help when Uncle Sam comes in April; for the business, which normally discards their overages or mismanufactured items, this can mean a significant difference for the bottom line.

The Exchange offers free pickup to both individuals and businesses. As the materials make their way to the retail floor, they are sorted and prepared for resale. Although the Exchange is open to the public, specific items are reserved for Exchange Members. Any item that HEATS, SEALS, PROTECTS, INSULATES, or is in demand is reserved for members only.

### ***What are Member Services?***

The focus of the Building Materials Exchange is to help families by providing them with high quality building and renovation materials for a low price. For some families, however, the price could never be low enough. It is these families that need the product assistance that the Building Materials Exchange offers in the form of Materials Grants.

A Materials Grant is a means of providing a family with the basics to make their home weather tight, warm and safe. In order for a family to qualify for a Materials Grant, they must provide documentation in the form of financial statements and complete a grant application. Depending on the results of a financial review, contact with other housing organizations, and a site inspection, the Exchange decides whether the materials will be granted.



Typical materials granted to approved families are items such as wood stoves, furnaces, insulation and insulating material, roofing, siding, exterior doors, and windows. The Exchange also offers workshops on installing replacement windows, tiling, kitchen and bath design, paint techniques, basic framing, roofing and siding, plumbing basics, winterization, fire safety, and cost cutting to save money. These workshops are designed to be an on-the-road forum and will be hosted by the Exchange, local craftspeople, and construction/renovation businesses.

**IF YOUR FACILITY IS INTERESTED IN BECOMING A DROP-OFF SITE FOR DONATIONS TO THE MAINE HOUSING AND BUILDING MATERIALS EXCHANGE, PLEASE CONTACT DAVE ZIMMERMAN, EXECUTIVE DIRECTOR, AT 207-666-8427.**